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Tuesday, July 24, 2012

News worth sharing.

Accused Colorado shooter silent, appears dazed in court hearing

Investigation.

Police say it could take months to learn what prompted midnight massacre at theatre

A former doctoral student accused of a deadly shooting rampage at a midnight showing of the new Batman movie in Colorado appeared in court for the first time on Monday, though he didn't seem to be there at all.

Unshaven and appearing dazed, James Holmes sat virtually motionless, his brown hair dyed a shocking shade of orange. It was the world's first glimpse of the 24-year-old since Friday's massacre left 12 dead and 58 injured in one of the worst mass shootings in U.S. history.

Holmes didn't say a word.

Prosecutors said later they didn't know if Holmes was on medication. Authorities have said he is being held in isolation.

The hearing in Centennial, Colo., was also the first confirmation that Holmes' hair was coloured. Soon after the shooting, there were reports of his hair being red and that he called himself "the Joker" when he was arrested. The Joker is one of Batman's enemies in the fictional Gotham and has brightly coloured hair. But it was not confirmed that Holmes told officers he was Batman's nemesis.

Holmes, whom police say was clad in body armour and armed with an assault rifle, a shotgun and handguns during the attack, was refusing to co-operate in the investigation, authorities said.

After the hearing, prosecutor Carol Chambers said that

"at this point, everyone is interested in a fair trial with a just outcome for everybody involved." Chambers said earlier that her office is considering pursuing the death penalty against Holmes. She said a decision will be made in consultation with the victims' families.

Holmes is expected to be formally charged next Monday. He is being held on suspicion of first-degree murder, and could face additional counts of aggravated assault and weapons offences. He has been assigned a public defender.

Security at the hearing was tight. Uniformed sheriff's deputies were stationed outside, and deputies were positioned on the roofs of both court buildings at the Arapahoe County Justice Center.

THE ASSOCIATED PRESS

MORE COVERAGE, INCLUDING REACTION FROM THE VICTIMS' FAMILIES, ON PAGE 5

Disaster averted

Up to 25 homes were without natural gas on Monday after a ruptured line caused an explosion and fire at a west Edmonton home

N.Y.C. bound

Columbus Blue Jackets trade star forward Rick Nash to the New York Rangers

PAGE 20



Hollywood romance-ology

Tom Cruise and Katie Holmes seemed to be solid, but 'happily ever after' in Tinseltown may be a mission impossible

PAGE 14



James Holmes appears in Arapahoe County District Court on Monday in Centennial, Colo.

RJ SANGOSTI/DENVER POST/THE ASSOCIATED PRESS/POOL

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Sexual orientation

Police investigating assault, robbery as hate crime

The Edmonton Police Service is investigating an alleged assault and robbery last week as a hate crime.

EPS spokesperson Patricia Thenu confirmed the news Monday in light of an attack on a 26-year-old man at 110 Street and 83 Avenue at 9 p.m. Thursday.

Chevi Rabbit, an openly gay man who dresses as a woman, said he was walking when three male suspects drove past him, uttering disparaging comments.

"I... continued to walk away. I was halfway down the street. I didn't realize one of them had gotten out of the car, and the other two were in the car driving backwards down a one-way street," Rabbit posted on Facebook. "I was attacked from behind and thrown to the (ground), (and) they stole my iPhone."

The three then fled in a silver 2000 Acura 3.2TL with a spoiler, said police.

Kris Wells, chairman of the EPS sexual-minorities liaison committee, said one positive that came out of this was that Rabbit received help from bystanders. Wells added hate crimes related to sexual orientation are likely to be violent.

The EPS hate-crimes unit has investigated 14 incidents so far this year.

"I think it's a harsh reminder of the experience of many people within the LGBTQ community," said Wells.

HEATHER MCINTYRE/METRO

Crime Stoppers

222-TIPS

Anyone with information should call EPS at 780-423-4567 or Crime Stoppers at 1-800-222-8477.

Friends with benefits. B.C. gov't outlines conditions for pipeline approval

The Alberta government responded swiftly to the British Columbia government's conditions for the approval of the Northern Gateway pipeline.

"British Columbians are fair and reasonable, but they have to have confidence that a fair share of benefits would come to this province before we would consider supporting any such proposal," the B.C. government said.

That view was rebuffed by Premier Alison Redford.

She noted the National Energy Board review of the project and the extra \$500 million Enbridge is planning to spend on monitoring and safety, "mitigate the environmental risk and weaken the B.C. government's argument for compensation based on potential risk," Redford said in a statement.

THE CANADIAN PRESS

Transit. ETS expands shuttle service to zoo, Fort Edmonton Park

Starting next Monday, visitors to the Edmonton Valley Zoo and Fort Edmonton Park will have one more option to get to their destination with an expanded ETS shuttle service.

The service is expanding to run seven days a week until Sept. 3 as part of a pilot project that will also be running next summer.

Shuttle buses will run from South Campus station express to Fort Edmonton Park and

Departure times

- The bus starts its run from South Campus at 11 a.m. Last departure from Fort Edmonton Park to South Campus is 5:43 p.m., and from the zoo at 5:31 p.m.

then express to the Edmonton Valley Zoo. **METRO**

Ruptured gas line causes house fire

Explosion. District fire chief says 'burst of flame' likely visible when gas ignited



HEATHER MCINTYRE
heather.mcintyre@metronews.ca

A ruptured natural-gas line started a house fire during contract work at a west Edmonton home Monday afternoon.

Edmonton Fire Rescue responded to reports of an explosion around 3 p.m. at 524 Glenwright Cres.

"Crews were working there and the gas line, for whatever reason, lit," said district Chief Dave Matwchuk.

Firefighters were able to shut off the gas, contain the blaze and then let it burn controlled for 90 minutes, he added.

One woman was in the home at the time, but escaped unharmed. The con-

Traffic control

- Edmonton Fire Rescue initially responded with 16 firefighters and then called two additional units, meaning a total of 24 were on scene.
- EMS was on standby and EPS was helping control traffic in the residential area.

tract worker — from a private company, said Matwchuk — was assessed on scene, and then released.

The neighbourhood was also evacuated.

Approximately 20 to 25 homes were without natural gas, which was expected to be turned back on around 8 p.m. Monday, said Matwchuk.

The home where the fire started sustained damage, but an estimate wasn't yet available. A neighbouring home suffered water damage.

The investigation continues.



Edmonton Fire Rescue crews at the scene of a house fire on Glenwright Crescent in west Edmonton Monday afternoon. HEATHER MCINTYRE/METRO



NEWS

On the web

Athletic prowess redefined

We're only a few days away from the opening ceremonies in London and already some Paralympians are stealing the spotlight with their talents. Go to metronews.ca to read more.

Mobile news



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Octane Andrea and James Phillips pose for a photo during Monday Morning Magic at Capital Ex. LAURIE CALLEN/METRO

Magical day at Capital Ex for kids with special needs

Making memories on the midway. Monday Morning Magic is a 35-year tradition that lets kids enjoy the fair in a 'safe and controlled environment'



LAURIE CALLEN
laurie.callsen@metronews.ca

The grounds at Capital Ex were opened early Monday for dozens of families to have a chance to experience the magic of Edmonton's fair.

Monday Morning Magic offers families with special-needs children a chance to experience Capital Ex with less stress, as well as a chance to meet local celebrities, said Northlands communications specialist Jennifer Sheehan.

"It is really important so kids can come and enjoy the fair in a safe and controlled

Waiting is the hardest part ...

"My son will count down all next year until the exhibition comes again."

Sandra Weeks, who brought her son James Phillips to Monday Morning Magic at Capital Ex

environment. The midway can get quite busy so this is an opportunity for them to come down and experience this when it's very safe, very controlled," said Sheehan of the 35-year tradition.

Sandra Weeks brought her

son James Phillips to Monday Morning Magic for the second year in a row, and appreciates the opportunity to take him on rides in a calm environment.

"The kids can be extra-hyper, but you don't have par-

ents looking at you like you don't know how to discipline your child.... It's wonderful. It's all about acceptance and understanding," said Weeks.

Capital Ex is also helping charities through the Rib Fest, where barbecue pros partner with local organizations to raise funds, as well as through a partnership with the Make-a-Wish Foundation.

Follow Laurie Callsen on Twitter @MetroLaurie



More dining options

International flavour lands at EIA

Two new cafés are setting up shop at the Edmonton International Airport this fall.

The EIA announced Monday that Caffè Sorrentino and Belgian Beer Café will be part of the domestic/international passenger lounge in September.

"Our customers are continually asking for more dining choices, and we are acting on that," Myron Keehn, EIA vice-president of commercial development, said in a release.

Caffè Sorrentino has five locations in Edmonton, while this will be the first Canadian location for the Belgian Beer Café.

EIA's Expansion 2012 will include 34 new services by the end of the year. **METRO**

Horse lost footing

Woman in critical condition after fall on horseback

A 57-year-old southern Alberta woman is in critical condition after falling down a coulee while on horseback.

The woman, who's from Medicine Hat, was taking part in a trail ride in Police Coulee, just south of Writing-on-Stone Provincial Park. The horse she was riding lost its footing, and they both fell 25 metres to the bottom of the coulee.

The horse is OK, but the rider suffered severe head injuries in the fall.

THE CANADIAN PRESS

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Somali pirate case

Judge dresses down prosecutors

The U.S. federal judge overseeing the case of a Somali man accused of negotiating a ransom payment during a 2008 pirate takeover of a merchant ship is furious that prosecutors are now saying the man had been in international waters for only 24 to 28 minutes and they can't specify how he facilitated piracy during that time. **THE ASSOCIATED PRESS**

Nuclear submarine

Man who set fire to sub wanted to leave work early, officials allege

A civilian labourer set a fire that caused \$400 million US in damage to a nuclear-powered submarine because he had anxiety and wanted to get out of work early, navy investigators said Monday.

Casey James Fury, 24, faces up to life in prison if convicted of two counts of



In this May 23 photo, a fire burns on a nuclear submarine at the Portsmouth Naval Shipyard in Maine.

JEAN MACKIN/WMUR/THE ASSOCIATED PRESS

arson in the fire aboard the USS Miami attack submarine while it was in dry dock May 23 and a second blaze outside the sub on June 16.

THE ASSOCIATED PRESS

Honolulu

Earhart search fails to find wreckage

A \$2.2-million US expedition that hoped to find wreckage from Amelia Earhart's final flight is on its way back to Hawaii without the dramatic, conclusive plane images searchers hoped to attain. But the expedition group says it still has a great deal of video and sonar data to pore over.

THE ASSOCIATED PRESS

War-crimes case against ex-Canadian is solid: Experts

Budapest. 97-year-old accused of brutality during his alleged time as chief of an internment camp



Alleged Hungarian war criminal Laszlo Csatory leaves the Budapest prosecutor's office on Wednesday.

MTI, BEA KALLOS/MTI/THE ASSOCIATED PRESS

The evidence against a 97-year-old former Canadian citizen accused of abusing Jews and helping deport thousands during the Holocaust is much stronger than a similar case last year that ended in a high-profile acquittal, experts say.

Hungarian Laszlo Csatory's role as a police officer and chief of an internment camp from where 12,000 Jews were deported to their deaths in Auschwitz and other Nazi death camps is amply documented and there are strong witness statements about his brutality, they said.

Authorities charged Csatory last week with "unlawful torture of human beings," accusing him of being present in 1944 when trains bound for death camps were loaded and sent on their way, regularly using a dog whip to strike detainees and in one case refusing to cut holes in a train car to allow people to breathe. He faces a maximum sentence of life in prison.

"He ruled over life and death," said Adam Gellert, an expert in international

criminal law who has been researching the Csatory case. "He deported people who were supposed to be spared and committed a series of sadistic acts."

Csatory was convicted in absentia for war crimes in Czechoslovakia in 1948 and sentenced to death. He arrived in Nova Scotia the following year, became a Canadian citizen in 1955 and worked as an art dealer in Montreal.

He appears to have been living quietly in Budapest since 1997, when, Canadian authorities say, he left the country voluntarily to avoid deportation. Csatory's citizenship had been revoked earlier on the grounds that he had lied about his past when he first immigrated to Canada.

THE ASSOCIATED PRESS

Student exchanges. U.S. organization suspended over rule violations

An organization that has brought thousands of foreign exchange students to the United States is telling its staff and host families that it will fight a State Department decision to suspend the company from the popular visa program, according to an email obtained by The Associated Press.

The San Diego-based Pacific Intercultural Exchange, or PIE, has been one of numerous companies designated by the State Department as an official sponsor to arrange exchanges for high school students. The sponsors often charge fees that can add up to thousands of dollars. The State Department suspended PIE from the program last week for undisclosed rule violations.

The AP obtained an email

Students affected

- The suspension affects eight students in the U.S. now and about 455 from 18 countries that Pacific Intercultural Exchange had recruited, the State Department said.
- The agency said it's working with the students in the U.S. and that other sponsors are trying to find host families for the ones who haven't arrived.

from PIE to host families and staff members that said it will vigorously oppose the suspension.

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Penn state football spared but crippled



Penn State student Laura Lovins, centre, reacts to sanctions against the school's football program on Monday. GENE J. PUSKAR/THE ASSOCIATED PRESS

Scandal. Program that once employed convicted sex offender Jerry Sandusky ordered by NCAA to pay \$60M

A potential exodus of star athletes. No hope of playing in the post-season. More than a decade of accomplishments erased from the record books. And Joe Paterno's legacy in shreds.

Penn State football, a long-time powerhouse that was once one of the cleanest, most admired programs in college sports, escaped the so-called death penalty from the NCAA on Monday but was dealt a

heavy blow that will cripple it for years to come.

The university agreed to an unprecedented \$60-million US fine, a four-year ban from post-season play and a cut in the number of football scholarships it can award — the price it will pay for having looked the other way while Jerry Sandusky brought boys onto campus and molested them.

The NCAA also erased 14 years of victories, wiping out 111 of Paterno's wins and stripping him of his standing as the most successful coach in the history of big-time college football.

"Football will never again be placed ahead of educating, nurturing and pro-

tecting young people," NCAA president Mark Emmert declared.

Penn State meekly accepted its punishment, pledging to hold itself to high standards of honesty and integrity.

Nicole Lord, a senior, questioned why Penn State's student body, and especially its athletes, should be punished "for the wrongs of three men and a monster."

"They keep breaking our hearts and breaking our hearts and breaking our hearts," she said.

The NCAA's punishment was announced a day after the school took down a statue of Paterno that stood outside Beaver Stadium.

THE ASSOCIATED PRESS

15 years of abuse

- Sandusky, a former member of Paterno's coaching staff, was found guilty in June of sexually abusing 10 boys over 15 years, sometimes on campus.
- An investigation commissioned by the school and released July 12 found that Paterno, who died of lung cancer in January at age 85, and three other top officials at Penn State concealed accusations against Sandusky for fear of bad publicity.

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Syria threatens to use chemical weapons



A Syrian refugee carries his injured son at Al-Bashabshy refugee camp in Al-Rumtha, Jordan. MOHAMMAD HANNON/THE ASSOCIATED PRESS

Desperate warning. Western concerns over long-suspected chemical stockpiles have deepened as rebels gain momentum in fight to oust Assad regime

Syria threatened Monday to unleash its chemical and biological weapons if the country faces a foreign attack, a desperate warning from a regime that has failed to crush a powerful

and strengthening rebellion.

The statement — Syria's first-ever acknowledgement that the country possesses weapons of mass destruction — suggests President Bashar Assad will continue the fight to stay in power, regardless of the cost.

During a televised news conference Monday, Foreign Ministry spokesman Jihad Makdissi stressed that the weapons are secure and would only be used in the case of an external attack.

"No chemical or biological weapons will ever be used, and I repeat, will never be

used, during the crisis in Syria no matter what the developments inside Syria," he said. "All of these types of weapons are in storage and under security and the direct supervision of the Syrian armed forces and will never be used unless Syria is exposed to external aggression."

Israel and the U.S. are concerned that Syria's stockpile of chemical weapons could fall into the hands of Islamist militants should the regime in Damascus collapse.

Israeli Prime Minister Benjamin Netanyahu warned Sunday that his country

Suspected stockpiles

- Syria is believed to have nerve agents as well as mustard gas, Scud missiles capable of delivering these lethal chemicals and a variety of advanced conventional arms, including anti-tank rockets and late-model portable anti-aircraft missiles.

would "have to act" if necessary to safeguard the arsenal from rogue elements.

THE ASSOCIATED PRESS

Iraq. Nationwide attacks kill at least 106

A startling spasm of violence shook more than a dozen Iraqi cities Monday, killing more than 100 people in co-ordinated bombings and shootings, and wounding twice as many in the country's deadliest day in more than two years.

The attacks came only days after al-Qaida announced it would attempt a comeback with a new offensive against Iraq's weakened government.

With the U.S. military gone and the government mired in infighting, the Iraqi wing of al-Qaida has vowed to retake areas it once controlled and push the nation back toward civil war.

Though there was no immediate claim of responsibility for Monday's attacks, nearly all of them struck in the capital and in northern Iraqi cities where al-Qaida can most easily regain a foothold.

So far this summer, militants linked to al-Qaida have claimed responsibility for a steady drumbeat of attacks designed to keep the government off-balance as it struggles to overcome a power struggle that pits Sunni and Kurdish leaders against the Shiite prime minister.

THE ASSOCIATED PRESS

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*Seasonal start and end dates apply. Book by July 26, 2012 [11:59 p.m. MT] for travel from September 4 to December 12, 2012. Blackout dates from October 4–9, 2012. For Canadian destinations, travel on Mondays, Tuesdays, Wednesdays and Saturdays. For U.S. destinations, travel on Tuesdays, Wednesdays and Thursdays. For San Juan, Puerto Rico, travel on Saturdays until October 27, 2012. Flights may not operate on certain days. Seat sale fares are discounted from WestJet's lowest regular fare, apply only to flights marketed and operated wholly by WestJet, and are not applicable when travelling with our code-share, interline or other airline partners. Sale vacation packages are discounted by a reduction in the price of the air component of the package. New bookings only. Non-refundable. Offer limited and subject to availability. Advance purchase required. Other restrictions may apply. See westjet.com for full seat sale details. **Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto, ON L5P 1A2. TICO registration number: 50018683.**

Suspect

Cyprus authorities have remained tight-lipped about the man's identity or his intended target, but have said they believe he was acting alone.

- State media have widely reported the suspect to be a Swedish passport holder of Lebanese descent with affiliations to Lebanon's Hezbollah, who was monitoring and recording the movements of Israeli tourists.

Cyprus. No links between local and Bulgarian terror suspect: Minister

A man held on suspicion of helping to plan attacks against Israeli tourists in Cyprus displayed similar behavioural patterns to a suicide bomber who killed six in a Bulgarian seaside resort, the island's justice minister said Monday, but stopped short of drawing any links between the two.

Minister Loucas Louca said

that the case was "very sensitive," and although the actions were not similar "some patterns of his behaviour were the same as that of the terrorist in the Bulgarian terrorist attack."

Louca said the 24-year-old suspect belonged to an organization that is not on a European Union list of known terrorist groups. **THE ASSOCIATED PRESS**

Egypt. New measures to ease travel restrictions for Palestinians

Egypt is allowing freer temporary entry for Palestinians in an unprecedented move that eases long-imposed travel restrictions, particularly on Gazans, Egyptian and Palestinian officials said Monday.

The decision has caused confusion among security agencies — and appeared to bring some resistance. Some officers at the airport refused

to implement the measures, an airport official said.

The changes appear to be a gesture to the Palestinians after separate meetings last week between Egypt's president, Mohammed Morsi of the Muslim Brotherhood, and Palestinian leader Mahmoud Abbas and the leader of Hamas, Khaled Mashaal, whose group controls Gaza. **THE ASSOCIATED PRESS**

Iran

Iranians protest food-price hike

An Iranian news agency reports people have poured into the streets of a northeastern city to protest a steep hike in the price of chicken.

Protesters blamed mismanagement by President Mahmoud Ahmadinejad's administration, but the rare demonstration could be an indication of the effects of Western sanctions over Iran's suspect nuclear program. The sanctions have led to the collapse of Iran's currency and to subsidy cuts, raising prices of basic commodities.

THE ASSOCIATED PRESS

Syria

Elections a path out of crisis: Iran

Iran's parliamentary speaker is proposing Syria hold presidential elections as a way to end the civil war between Syrian rebels and the regime of key Tehran ally President Bashar Assad.

Such a plan suggests Iran recognizes the growing pressures on Assad's regime and is seeking ways to preserve a pro-Iranian leadership in Damascus.

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Palestinian leader Mahmoud Abbas THE ASSOCIATED PRESS



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Commodities

Chinese investment in Canada rising

China's shopping spree in the Canadian oil patch is a sign of more to come as the commodity-hungry country looks to secure energy supplies to feed its economic expansion, experts say.

In addition to the blockbuster Nexen deal, Talisman Energy has announced it's selling a 49 per cent interest in its U.K. division to Chinese firm Sinopec Corp. for \$1.5 billion.

Canada has "shot up on the chart" of Chinese overseas investment recently, notes Wenran Jiang, an expert on China who advises Alberta's department of energy. **THE CANADIAN PRESS**

Nexen to be acquired by Chinese firm for \$15B US

Takeover bid. Friendly deal with state-owned oil company still subject to approval by shareholders, regulators and government

A major Canadian oil company is being acquired by China National Offshore Oil Co. in a \$15.1-billion US deal that, if successful, will be China's largest-ever overseas acquisition.

With promises of making Calgary the base of its Western-hemisphere operations, plans to list its shares on the Toronto Stock Exchange, and vows to keep all current Nexen employees and management, CNOOC says its cash bid for Nexen shows they "are in Canada to invest."

"We intend to be a local company as much as a global one," CNOOC chief executive Li Fanrong told reporters on a conference call Monday.

The friendly deal is still subject to shareholder, regulatory and government approval — and CNOOC says it reached out to the federal government ahead of Monday's announcement.



Nexen chief executive Kevin Reinhart addresses the company's annual meeting in Calgary last April. **JEFF MCINTOSH/THE CANADIAN PRESS**

The Chinese state-owned company will base its North and Central American operations — including \$8 billion in existing CNOOC assets — out of Calgary, said Li.

For years leading up to Monday's announcement, Nexen had been a perennial subject of takeover speculation.

Nexen has faced numerous challenges over the past few years, including the troubled launch of its Long Lake oilsands project in northern Alberta in late

2008. The project has yet to come close to its design capacity of 72,000 barrels of bitumen per day due to a number of operational glitches, though performance has been improving in recent months.

Last week, the company reported that second-quarter profits tumbled nearly 57 per cent as it took a charge on an unsuccessful well in the Gulf of Mexico. Late last year it was shouldered out of a major project in Yemen amid political strife in the Middle Eastern country.

CNOOC already had a 35 per cent stake in Long Lake after it took over Nexen's erstwhile partner Opti Canada Ltd. for \$2.1 billion last year. The two companies also work together in the Gulf of Mexico.

The transaction still requires two-thirds of Nexen shareholders to approve the agreement at a special meeting to be held by Sept. 21. Preferred shareholders would receive \$26 in cash, plus accrued dividends.

THE CANADIAN PRESS

Financial survey

More than half of retired Canadians in debt: CIBC poll

More than half of retired Canadians hold some form of debt that may cut into their retirement plans and cash flow, a new CIBC poll suggests. According to the survey, 59 per cent of retired Canadians are currently in debt, compared to 76 per cent of non-retirees. CIBC says the results highlight the need for Canadians to have a good debt-repayment strategy, especially as they approach retirement.

THE CANADIAN PRESS

Market Minute

DOLLAR
98.35¢ US (-0.4¢)

TSX
11,545.54 (-77.37)

OIL
\$88.14 US (-\$3.69)

GOLD
\$1,577.40 US (-\$5.40)

Natural gas: \$3.09 US (-1¢)
Dow: 12,721.46 (-101.11)

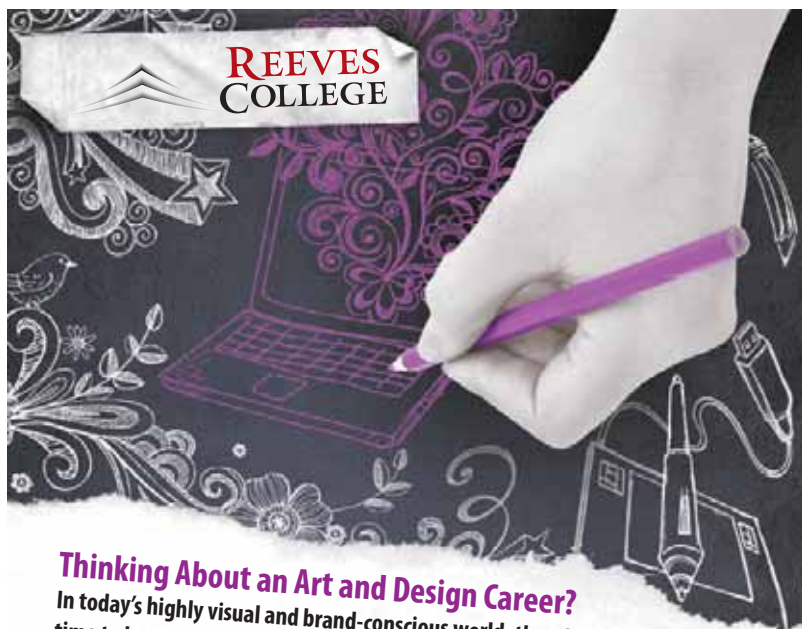
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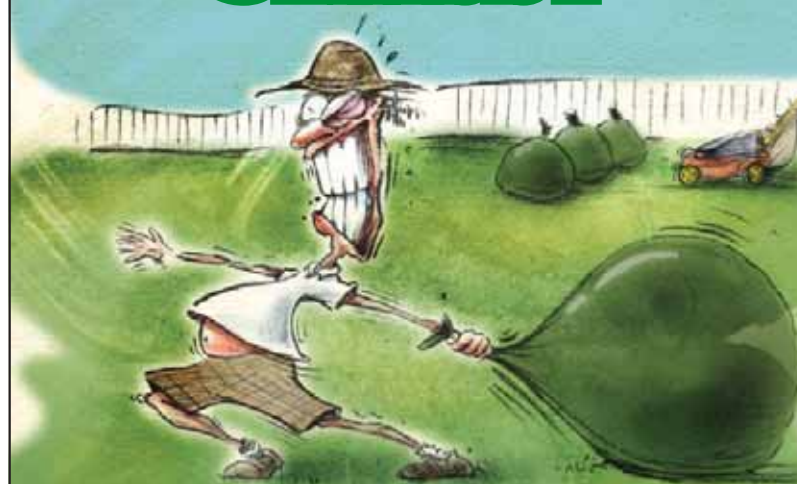
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NO RETAIL LOYALTY IN OUR HOME AND NATIVE LAND



SHE SAYS...
Jessica Napier
metronews.ca/shesays

Back in my teenage years, I couldn't resist the call of the mall from down south. Saturdays were often spent in lineups at the U.S. border crossing as I gave in to the allure of America's mysterious

retail options.

On one particularly uncomfortable drive back to Canada, I ripped off the price tags and wore five pairs of Victoria's Secret underwear underneath a newly acquired pair of Abercrombie and Fitch jeans in order to avoid paying duty on my purchases. It was all part of the thrill of cross-border buying — the cheap exoticism of American brands and an all-you-can-eat pasta dinner at the Olive Garden.

Infiltration

"Target's mission statement might be 'Expect more, pay less,' but I suspect Canadians won't be enjoying their designer collaborations at the same reasonable prices as our American neighbours."

Nordstrom will be taking over three Sears locations this fall in Vancouver, Calgary and Ottawa, with talks underway about a home in Toronto.

Our homegrown retailers are closing their doors to make way for monolithic born-in-the-U.S.A. department stores — cavernous labyrinths filled with never-before-seen snack foods and discounted American-flag bikinis — and yet all we seem to care about is the fact that we'll be able to buy all of Oprah's favourite things close to home.

For many consumers, if the price is right, it doesn't really matter where it comes from. Who needs patriotism when you can buy a Jason Wu for Target dress at \$54.99?

I'll admit the gingham-loving prepster in me whooped for joy when J.Crew announced it would be bringing its Cape Code couture across the border. But the thrill was short-lived as I soon realized that they wouldn't be importing the attractive price tags along with their colourful sweater sets.

Target's mission statement might be "Expect more, pay less," but I suspect Canadians won't be enjoying their designer collaborations at the same reasonable prices as our American neighbours.

Canadian shoppers will probably get over the novelty of these American imports relatively quickly, and then what? Target and Nordstrom will just become more chain stores in a depressing landscape of big-box retailers.

Personally, I don't really want to walk into my local mall and feel like I could be in Anywheresville, U.S.A.

But over the years, U.S. stores have been rapidly infiltrating the Canadian retail landscape and the appeal of these stateside shopping excursions has waned considerably. Now a second wave of American retail occupation is coming in the form of high-profile department stores.

Designer-discount emporium Marshalls moved into Ontario in 2011. Target will be setting up shop in vacated Zellers sites across the country next year. Now rumours are circulating that upscale retailer

Journey to the last ice area begins



METRO/CONTRIBUTED/PAUL NICKLEN/NATIONAL GEOGRAPHIC STOCK/WWF-CANADA

Water, water everywhere

WWF begins Arctic expedition

A polar bear and her cub are seen resting on an iceberg in the Arctic Ocean in Canada.

Imagine a future when most of the Arctic's summer sea ice has melted, leaving the last ice area in the High Arctic Ocean.

Researchers have projected that the Canadian High Arctic and Northern Greenland will be the last place where sea ice will

persist past 2050.

Teaming up with the WWF, Metro will track a voyage to the last ice area.

A team of researchers and WWF experts will sail some 7,000 kilometres over the course of six weeks, from Greenland all the way to Nunavut, speaking to communities along the way that will be affected by the continued thinning of the sea ice.

The team's findings during each stop will be documented in video blogs, photos and interviews.

METRO



The team will be arriving in Upernavik, Greenland, Tuesday night. In the next two weeks the voyagers will visit communities along Greenland's northwest coast.

Online

- For the latest updates from the Arctic research team and to track their journey on the interactive map, check out the features section at metronews.ca.

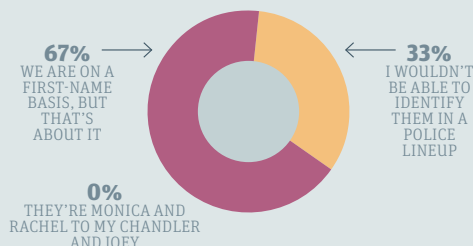


A shopper is seen leaving a Nordstrom department store in Los Angeles. Nordstrom is seen as a competitor to existing upscale retailers like Holt Renfrew, Harry Rosen and the Bay. JAE C. HONG/THE ASSOCIATED PRESS FILE



Register at metropolitanpanel.ca and take the quick poll

How well do you know your neighbours?



Twitter

@AlexinWnderlnd: • • • • •

If she calls it Capital Ex and not Kdays, she's too young for you bro! #yeg #yeahhhbuddy

@Johnanthonyjr: • • • • •

Short of snow I've seen every possible weather scenario in the last week #yeg

@dystopiansatire: • • • • •

Edmonton is that exact temperature where it's yucky for both jackets and t-shirts. #yeg

@EdmEnviroMom: • • • • •

THANK YOU to the pink #yeg fire truck fire fighter who chatted with my 3yr old at the 17St Superstore, and for the 'awesome' colouring book!

@Angostafichuk: • • • • •

Bee, dragonfly, butterfly...Lunch is always to go when I open my mouth while biking. In other countries, this would be brunch! #yegfood



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2

SCENE

Scene in brief

Rivers takes comedy to New Orleans

When comedian Joan Rivers thought her New York apartment was haunted about 15 years ago, she called on New Orleans voodoo priestess Sallie Ann Glassman to perform a "spiritual cleansing" of the brownstone.

Glassman said the pair became friends during that meeting, at which Glassman wore a flowing white gown and chased off the disturbing spirits in a night of rituals. "Sallie Ann Glassman is my spiritual guide, my sounding board, my friend. Sallie arrived in New York — white garb and paraphernalia in tow — and after an unusual night, she not only cleaned out my apartment but all the apartments in my building," Rivers said. "It worked." Next month, the comedian is heading to New Orleans to return the favour. The sharp-tongued Rivers will host two stand-up shows benefiting Glassman's New Orleans Healing Center — an incubator for about two dozen businesses and organizations focused on what Glassman describes as the "environmental, spiritual, economic, cultural, emotional and physical healing of New Orleans" after hurricane Katrina.

Rivers will perform at Cafe Istanbul, the 3,800-square-foot performance hall at the New Orleans Healing Center.

THE ASSOCIATED PRESS

On the web



Young Hollywood aims for fun fashion at the Teen Choice Awards

DVD reviews



Keyhole

Director. Guy Maddin

Stars. Jason Patric, Isabella Rossellini

●●●●●

"So many locked doors and they all have to be opened!" exclaims Ulysses Pick (Jason Patric, niftily cast), the tumbled central figure of *Keyhole*, Guy Maddin's mad mélange of melodramatic ghosts and meddlesome mobsters. The literary spawn of Joyce and Homer, Ulysses isn't one for convention: he and his gang bust into a house that's inhabited by restless spirits (and a stuffed wolverine), surrounded by cops and racked by a thunderstorm ("Man's weather!" in his estimation). "Remember, Ulysses, remember!" exhorts the ghost of Ulysses' late father (Louis Negin), who resides upstairs, naked and chained suspiciously close to Hyacinthe (Isabella Rossellini), his daughter and Ulysses' ex, who also appears to be extinguished. *Keyhole* is suffused with genuine sadness, straight from the unbridled ID of Maddin (and Freud), but much mirth intrudes. The film resists easy analysis, more so than usual for Maddin, but make no mistake, this is one of his great ones.

PETER HOWELL

Footnote

Director. Joseph Cedar

Stars. Shlomo Bar-Ab, Lior Ashkenazi, Aliza Rosen

●●●●●

The delightful Israeli film *Footnote* is wise to the comedy of frustration and alert to the tragedy of hubris, by way of a simmering father-son rivalry that boils over on matters of principle and ego. Writer/director Joseph Cedar's offering won screenplay honours at Cannes last year, but it also rated consideration for its stellar leads, both popular Israeli actors. Tal-mudic scholar Prof. Eliezer Shkolnik (Shlomo Bar-Ab) has toiled without trumpets for decades on his arcane comparisons of sacred texts, gaining little more than a footnote's worth of recognition. Egos, family tensions and conflicting notions of truth and integrity intrude and collide.

PETER HOWELL



Lady Mary (Michelle Dockery) has a fight with fiancé Matthew Crawley in a trailer for season 3 of *Downton Abbey* HANDOUT

Downton Abbey still the gem of PBS

Television Critics Association press tour. PBS unveils some interesting docs — but its mega-hit still drew the most excitement

AMBER RAY

Metro World News in New York

The Television Critics Association press tour, the semi-annual gathering of journalists to preview the new and returning series premiering this fall, took place on the weekend with a look at the offerings from PBS.

During the executive session, PBS president Paula Kerger addressed the decision to

fire Market Warriors host Fred Willard after his arrest on suspicion of engaging in a lewd act in a Hollywood theatre last week. "Our concern really is that his circumstance would become a distraction to the series, which we're hoping will have an ongoing presence on public television," Kerger said. Because the series is currently in production, Kerger said they "needed to move fast" on their decision; *Antiques Roadshow* star Mark Walberg will take over hosting duties on *Market Warriors*.

Kerger also announced two new series: *Ken Burns' The Roosevelts: An Intimate History*, a 14-hour documentary on Theodore, Franklin and Eleanor Roosevelt, set to air in 2014; and *Constitution USA* with Peter Sagal, chronicling the journey

of the Wait, Wait ... Don't Tell Me host as he searches for ways that the U.S. Constitution lives and works in modern America.

PBS's most anticipated new drama, *Call the Midwife*, was responsible for the day's most comical TCA Twitter hash tag. Based on the bestselling memoirs of Jennifer Worth, the series tells the story of Jenny Lee, a young midwife working with an order of nuns in the poorest area of London in the 1950s.

As for portraying childbirth realistically without appearing graphic, "it's all about (camera) angles," says series star Jessica Raine, who portrays Jenny. Several prosthetic newborns were also created as props. "We got one baby with a detachable willy so it could be a boy or a girl baby," Raine admitted, prompting the hash tag #de-

tachablenillies.

The day's big finale featured the cast and creator of the PBS megahit — and, as the network reminded critics with a sizzle reel full of parodies, pop culture phenomenon — *Downton Abbey*. Those in the packed ballroom were treated to a spoiler-filled trailer for Season 3, including a heated exchange between Lady Mary (Michelle Dockery) and fiancé Matthew Crawley (Dan Stevens), a magnificent battle of insults between the Dowager Countess (Maggie Smith, also not present) and Martha Levinson (new cast member Shirley MacLaine), and a devastating admission by Robert Crawley (Hugh Bonneville) to his wife, Cora (Elizabeth McGovern).

Downton Abbey Season 3 will premiere Jan. 6, 2013.

The Dust Bowl

Film serves up a cautionary tale

Ken Burns's latest documentary, *The Dust Bowl*, was the focus of another panel. The film is about the disastrous dust storms that hit the American plains in the 1930s. Told mostly through the first-person accounts of survivors, the film premieres over two nights, Nov. 18 and 19. It's a timely event in American history to examine because "this is a cautionary tale ... a story of our complex and often fraught relationship with the land," said Burns.

AMBER RAY, MWN

Half the Sky

Celebs shed light on oppression

Inspiring tales of human resolution also set the stage for *Half the Sky*, the documentary based on the bestselling book by Nicholas Kristof and Sheryl WuDunn about the oppression of women and girls. Also on the panel were actresses Meg Ryan, Diane Lane and America Ferrera, who travelled with the journalists to help tell the stories of those around the world fighting for women's rights. This documentary, premieres Oct. 1 and 2 as part of Independent Lens.

AMBER RAY, MWN

Star power. David Geffen is a man of few words — and certainly isn't vain

At the press tour, star-making legend David Geffen sat on a panel for the American Experience film documenting his career in music and film, *Inventing David Geffen*. He had been flown in from Sardinia specifically for the event, and seemed in a bit of a hurry to get back — his answers to critics' questions were short and not very quotable. Not until he was asked about the Carly Simon song *You're So Vain*, that is, and how he had been fingered as the subject of the tune.

"No, no. That is simply not true," he insisted.

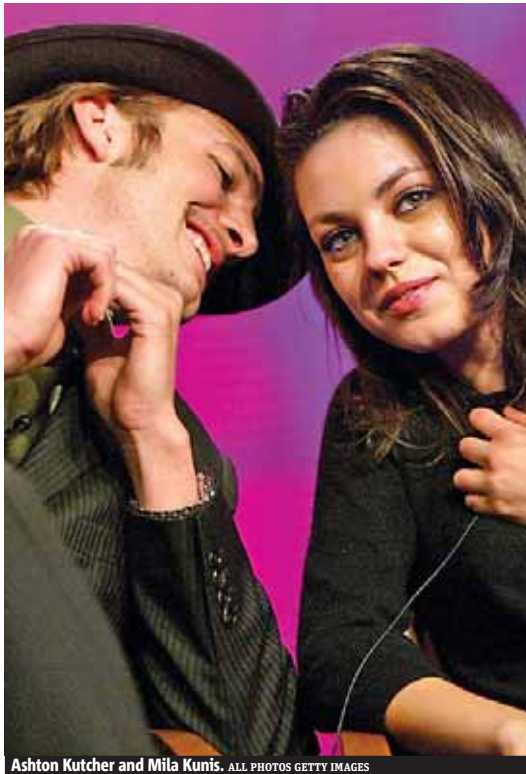


David Geffen GETTY IMAGES

"Not to say I'm not vain, but I'm not *her* vain."

Inventing David Geffen will air Nov. 20.

AMBER RAY, MWN



Ashton Kutcher and Mila Kunis. ALL PHOTOS GETTY IMAGES

Mila and Ashton just friends, or friends with benefits?

Though Mila Kunis and Ashton Kutcher have maintained they're just friends, that line seems to be wearing thin — especially considering the pair's recent public displays of affection.

Kunis reportedly tagged along with Kutcher to a party in L.A. over the weekend, where eyewitnesses say the former *That 70s Show* co-stars sat close and shared a few kisses, trying in no way to hide their feelings for each other, ac-

cording to *Us Weekly*.

And earlier this month, the pair put on quite a show during an intimate meal at the Soho House. "They were seated on a couch on the same side of the table, and Mila was running her hands through Ashton's hair," a source says. "She had her elbow resting on his back and couldn't stop playing with his hair and rubbing his shoulders. He leaned in and whispered to her and kissed her cheek."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Miley gets paranoid over Liam's co-star

THE WORD

Monica Weymouth
scene@metronews.ca

Noticeably missing from Sunday night's Teen Choice Awards was teen queen Miley Cyrus, who won in the Choice Hottie and Choice Fashion Icon categories despite being a no-show.

Cyrus spent the evening in Philadelphia, where her fiancé, Liam Hemsworth, is shooting *Paranoia* and they've been spotted hanging out for weeks.

So why didn't she make a quick trip back to L.A.? It seems Cyrus might have a little paranoia of her

own: She's reportedly not happy with the amount of time Hemsworth has been spending with his Empire State co-star, Emma Roberts. "Not only did she tell Liam it had to stop, she even confronted Emma, reminding her that Liam is off the market," a source tells PerezHilton.com.

"Miley more or less said, 'Hands off my man!' Emma couldn't care less what Miley thinks. She makes fun of Miley behind her back, saying she's just a washed-up tween star. Emma feels she has nothing to lose, so she's pushing it as far as she can with Liam."

We like your spunk, Emma. But at this point, Miley's one pair of tattered pink sweatpants away from being a Philly girl — back away slowly, and keep your eyes on those acrylic nails.



Minka Kelly.

Here we go again ... Minka caught up in sex 'scandal'

Minka Kelly is the latest actress to be plagued by a possible sex tape scandal, as a 30-minute tape of Kelly getting intimate with an ex-boyfriend is reportedly being offered to the highest bidder, according to TMZ.

The video is said to be shot in a semi-professional manner

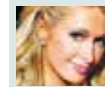
and the website claims it's clear Kelly knows she's being filmed. Some question if Kelly is actually of age in the video, as she is reportedly seen singing along with and dancing to two songs from Brandy's *Never Say Never* album, which was released 16 days before the actress' 18th birthday.

Twitter



@SarahKSilverman

When I die I wanna come back as the guy at work that gives all the girls shoulder massages



@ParisHilton

What a beautiful day in Cannes! The weather is perfect, so sunny today. Love it here.



@justinbieber

when u smile i smile. haha. MUCH LOVE. thanks



@SethMacFarlane

If you want to put a swift end to a boring first date, just say to the woman: "I predict you will bear me many fine sons."

metr

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LIFE

Health minute

Ending AIDS possible, says researcher

The leading U.S. AIDS researcher says science has provided the tools needed to slash new infections even without a vaccine — if countries will put them into place. Dr. Anthony Fauci told the International AIDS Conference Monday that it won't be easy or happen overnight. In his words, "no promises, no dates but we know it can happen." Fauci says that "we want to get to the end of AIDS" but that "a lot of people, a lot of countries, a lot of regions have a lot to do." Topping that list of tools is better treatment of people who already have HIV, so they're less likely to spread the virus. But Fauci also called male circumcision a "stunningly successful" step, pointing to part of Uganda that's stressing that step.

THE ASSOCIATED PRESS

On the Web



Celebrity pregnancies blamed for eating disorders among pregnant Canadians

Marriage: impossible

Divorce. As power couple Tom Cruise and Katie Holmes split, we look at why lust-based Hollywood and quickie marriages rarely end in a happily ever after

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

Tom Cruise and Katie Holmes seemed to have one of Hollywood's most solid relationships. But on June 29 Holmes filed for divorce after five years of marriage. Are we surprised? Not really. The actress had already told *Elle* magazine: "He has been Tom Cruise for 30 years ... I know who I am and where I am and where I want to go. I'm starting to come into my own. It's like a new phase."

Cracks were beginning to show, quite normal for a Hollywood marriage, but why do so many of them fail?

Romance is like a drug; it's addictive

"The parts of the brain that light up when you're in love are the same that light up when doing cocaine," says dating coach Evan Marc Katz. "There's an addictive quality to toxic relationships. People become addicted to the highs and lows."

"Every second you're with the wrong person is every second you're not with the right person," he adds. "Ending a bad relationship is addition by subtraction."

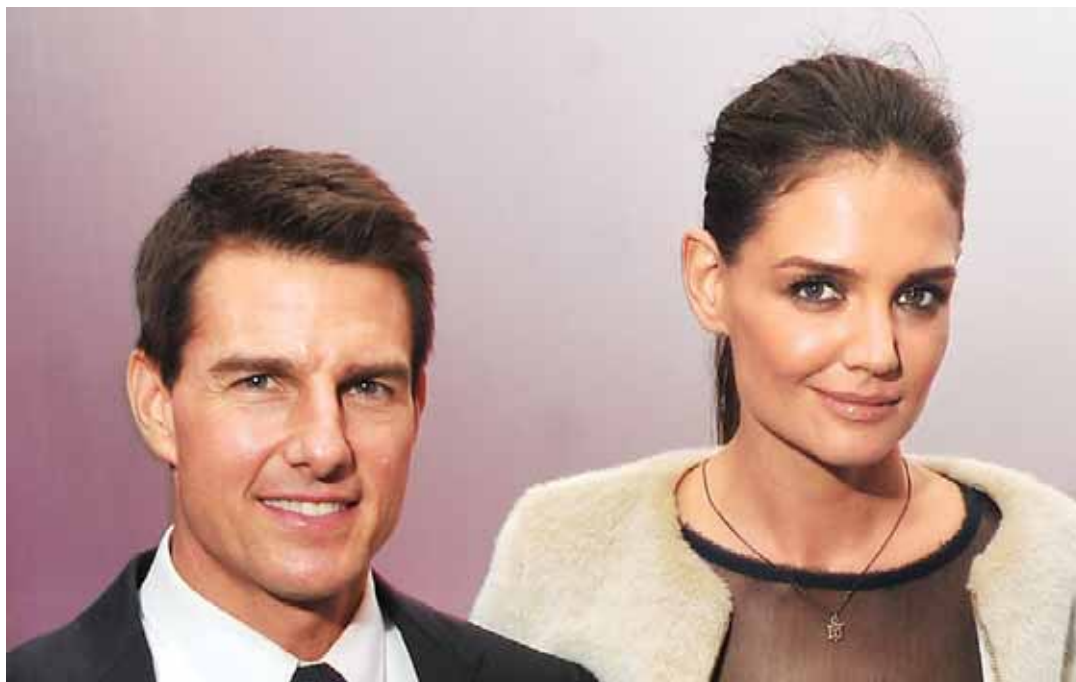
If the relationship is a burden and you no longer feel connected, breaking up is the only way you'll eventually find the right person. That said, Katz doesn't rule out the feeling of loss if the relationship filled your time and was bigger than you as an individual.

Hopefully, a couple has done everything in their power to work things out prior to getting a divorce. "With Katie Holmes, I'm sure it was a calculated, thoughtful decision. It's probably something she agonized about, something they tried to fix. The culmination of years of dissatisfaction."

Why Hollywood is addicted?

According to Katz, this addictive quality is probably why most Hollywood couples call it quits more often than not.

"It's not about Tom and Katie — the real problem with Hollywood marriages is that



The unhappy couple / GETTY IMAGES

WHAT ABOUT 'HER'

In her rare post-split appearances, Katie Holmes looked relaxed and meticulously groomed. But don't try and figure out her life story from a few paparazzi shots, says dating coach Evan Marc Katz. "Since Katie Holmes announced her divorce, she's been caught on camera smiling and laughing. But we see what people give us. That she's decided to plaster a smile on her face and stand up straight says very little."



KATIE HOLMES

HOLMES
VS.
CRUISE



TOM CRUISE

THE CULT OF 'HE'

"Tom Cruise doesn't do things in moderation. He has no limits and isn't afraid to fail," says Katz. But there's a difference between being a good guy and a good partner. "We don't know why, but he's failed in marriage three times. If you're so committed to your work that you're emotionally unavailable and don't have time to listen because you're caught up in the cult of yourself, then you can still be a great guy, just not a great life partner." Cruise's religion, Scientology, is thought to have contributed to the split. "With anything that someone is extreme on — it makes anybody who isn't like them intolerable," says Katz.

people get caught up in the cult of themselves," he says. "You have two beautiful people living this high life, with

tons of money and who think they can do anything. They are big dreamers driven by passion. They don't realize that

this isn't what life is about and that marriage, on a day-to-day basis, should be safe and predictable and somewhat mun-

Quoted

"There should be fewer marriages. People should spend far more time dating."

Evan Marc Katz

dane. It's not always going to be exciting."

Eventually, the passion wears off and all you're left with is that person warns Katz.

"You need to know each other before making the commitment to spend the rest of your life together."

Some solutions

There should be fewer marriages as people should spend far more time dating, argues Katz.

"The attraction phase lasts between one and a half to three years. Until that high wears off, you're blinded by passion and tend to make foolish decisions. So many people get married and pregnant when they're still in their drug phase. If you waited for the high to wear off, you'd think a lot more clearly about your long-term compatibility."

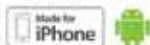
So how long should we be 'dating' for?

"Two and a half years," advises Katz. "What you're really looking for in a relationship is the state you're in when the drug wears off. Passion isn't a great predictor of the future — just a great feeling."

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Tuna gets tropical spin with a jicama, fennel & mango slaw

Seared Ahi Tuna with Jicama, Fennel and Mango Slaw



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Be sure to only buy the freshest tuna you can from a reputable fishmonger. If available, ahi tuna is the best quality.

Served with this slaw, it makes for a very sophisticated dish. Jicama is a white-fleshed root vegetable, also known as a Mexican potato.

It is crunchy and sweet, and can be eaten either raw or cooked. It's usually available from May to November; if unavailable, use canned, sliced water chestnuts.

1. Make the slaw by combining the mango, fennel, jicama, red and green peppers, carrot, green onions and cilantro in a medium bowl. In a separate bowl, whisk together the olive oil, lemon juice, rice vinegar, 1 tsp sesame seeds, garlic and chili sauce. Pour over the slaw and toss to combine. Place on a serving platter.

2. Lightly coat a nonstick grill pan with cooking spray and set over high heat. Sprinkle the tuna with salt and pepper and sear for about 2 minutes per side; the center

Ingredients

- 1 lb raw ahi tuna fillets
 - pinch of salt and pepper
 - 1 tsp sesame seeds
- Slaw**
- 1/2 cup thinly sliced mango
 - 1 cup thinly sliced fennel
 - 1 cup thinly sliced jicama
 - 1 cup thinly sliced red bell pepper
 - 1/2 cup thinly sliced green bell pepper
 - 1/2 cup thinly sliced carrots
 - 1/4 cup sliced green onions
 - 1/4 cup chopped cilantro
 - 1 tbsp olive oil
 - 2 tsp lemon juice
 - 1 tsp rice vinegar
 - 1 tsp toasted sesame seeds
 - 1 tsp finely chopped garlic
 - 1/2 hot chili sauce (or finely chopped jalapeno pepper)

should still be raw. Remove from the heat. Slice thinly and top with the slaw.

3. Garnish with 1 tsp sesame seeds before serving.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

3 reasons to figure out fish



NUTRI-BITES
Theresa Albert, D.H.N., R.N.C.P.
myfriendinfood.com

Deciding what to eat isn't really any more difficult than trading baseball cards.

Both games involve "got it" and "need it" to make you the winner.

Fish has few of the things you likely already "got" and many that you likely "need". Here's the rundown.

Got: Saturated Fat and Cholesterol

Chances are you are getting plenty of saturated fat and cholesterol from other animal sources. None of these sources of protein have any Omega3s to help your body manage the "bad fats". Fish does have some but it is a better ratio of protein: good/fat: bad fat.

Need: Omega 3 Fats

North Americans don't

get nearly enough of this healthy, anti-inflammatory, brain and heart protective fat. Aim for three servings of fish per week and vary the source so you don't accumulate toxins from any one variety.

Need: Time

No one has too much of this on their hands and fish is the quickest cooking non-plant source protein. It needn't be any more complicated than placing a fillet on a piece of foil, sprinkling with extra virgin olive oil, salt and pepper and broiling or grilling for 10 minutes.



THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

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(Sex) life imitating art?

Survey. Kobo recently asked 50 Shades of Grey readers how their bedroom fun compares to the popular book

MELISSA
REBER
For Metro

At this point, if you're not reading 50 Shades of Grey, then you're talking about it with someone who has.

The book trilogy, which gained attention for its racy

bedroom scenes, has become the go-to summer read for women needing a little fictional escape.

More than 31 million copies have been sold worldwide, and Universal Pictures already plans to make it a movie. We won't be hearing the last of 50 Shades for a while.

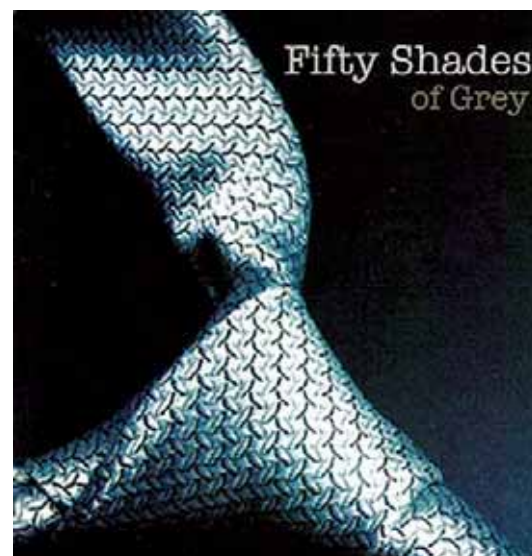
Kobo Inc., maker of the Kobo e-Reader, has seen a large peak in interest in the erotica/romance genre since the book's launch in March. They decided to ask how 50 Shades reader's real lives compare to the steamy drama on the book's pages.

Here's what they found:

- 42 per cent said they like to take their escapades outside to the park.
- Good sex just doesn't compare to a slice of chocolate cake, as 78 per cent said they would give up sex and money before food.
- When it comes to the ultimate romantic gesture, surprising her with flowers is the best choice. It beat out a trip to Colorado and a luxury yacht cruise.
- Money narrowly beats sex, 31 to 30 per cent, when asked

what people were looking for from their partners.

- Save the costumes for Halloween: silk was the No. 1 choice for bedroom attire at 40 per cent, followed by your birthday suit and heels at 31 per cent.
- 78 per cent said a little dirty talk gets them going.
- 60 per cent of people stick with a horizontal pas de deux, while a few adventurous ones try out the ménage à trois, at 32 per cent. Eight per cent can't keep track and said they "don't do math."



Advice

How NOT to get the waiter's attention



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Currently I am travelling at sea, on the RMS Queen Mary 2 from New York to Southampton, so my column today comes to you just past the midway point for this crossing of the Atlantic Ocean.

Yesterday, while having lunch in the formal Britannia dining room, I observed what could only be

described as the strangest behaviour I have ever seen in such an environment.

There was a table of eight guests in the corner with a fantastic view overlooking the ocean racing by at about 22 nautical knots.

Suddenly, one of the gentlemen at this table took his luncheon napkin from his lap and started spinning

it above his head as if it were a helicopter blade and he was preparing himself for takeoff.

I must admit that at first I thought there must be some crisis, but then I very quickly realized that this gentleman was simply trying to get the attention of one of the many busy waiters.

Now it truly doesn't matter what country you are from, nor the language you speak; I refuse to believe that everyone in the world doesn't already know this is the wrong way to get a waiter's attention.

But just in case, if you are in a restaurant anywhere around the world or just at your local diner and

need your waiter's attention, eye contact is ideal, but if that fails, simply putting your hand up in the air to attract your waiter will suffice. Although I have not observed it on this crossing, snapping your fingers and or "clinking" your glass with your knife blade are also completely inappropriate!

A dude's guide to dating

Q&A. MTV2's Guy Code returns for a second season

HEIDI
PATALANO
Metro New York

Funnyman Andrew Schulz has strong opinions on most things — not the least of which includes women and dating. Since he's a talking head on the second season of MTV2's comedy series Guy Code, we picked Mr. Schulz's brain for a few insights on the male mind.

On a first date, what's a deal-breaker for you?

I wouldn't say there's no room for any antics on a first date — the weirder, the better, because the first date is so weird in general that if somebody does something that creates any stimulus that breaks you out of that, 'So, uh, did you study abroad? Oh, tell me about that. Oh, what are your dreams?' Anything weird!

Just do something weird — I don't care, fart. You can fart. And I'll be like, 'OK, why did you think it was OK to do that in front of me?' You know, create some conversation.

At the end of the date, a guy walks the girl to the train, makes sure she gets home OK ...



Andrew Schulz offers his unique, honest advice on MTV2's Guy Code.
HANDOUT

Wait, hold on, hold on, hold on. If you really wanted to make sure she gets home OK, you wouldn't put her on a subway at 12 o'clock at night. Put a girl in a cab!

Some women say, 'He was so nice, he walked me to the train,' as though that's a sign that a guy likes them. Is it?

I'll be really honest with you. We don't even know that we like you until after we sleep with you.

And why is that?

Because it's not even on our radar if we like you. We're so

clouded by the idea of sleeping with you that we can't even focus on these qualities of you that we think we like.

'Oh, I really like how she wears red. I really like girls who wear red a lot. And she's probably really smart for knowing that she looks good in red.' So we just make up that, and after we sleep with you, we think, 'You know what? Red looks awful on you. Why would I even think that I like that?'

We have no clue until after. Initially, it's our goal to sleep with you, and it's your goal to sleep with us again. That's your hustle, right? Our anxiety is, 'Man, I don't want to f— this up,' and your anxiety is, 'I don't want to sleep with him and f— this up.'

How do you feel about the Jersey Shore idea of a grenade — a usually unattractive female friend who blocks a man's access to a potential conquest?

I think the guys on that show were having sex with their definition of grenades, which is why they were on the show.

To jump on the grenade bandwagon is totally understandable. From a girl's perspective, I go, 'That makes sense. Why would I want my friend to have sex with this random dude on TV and send her home in a cab at five in the morning so everyone can judge her?' That's not a grenade, that's a Captain America.

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Life insurance at 30 is much cheaper than it will be 15 years down the road. ISTOCK IMAGES

Single, with benefits? Why you still need term life insurance

Alison's money rule.

Insurance is one of the best investments you can make, especially when you're young



YOUR MONEY
Alison Griffiths
money@metronews.ca

A 30-something woman approached me the other day with thoughts of death. Single, no dependents and enjoying a good job with benefits, she asked if there's any reason why she should have life insurance. Yes, absolutely.

First, let's talk about love. You never know when cupid will strike and it's always nice to know that if something happens to you, a future beloved will have some financial security. And life insurance

at 30 is much cheaper than it will be 15 years down the road, especially if you develop a condition like high blood pressure along the way.

Another reason singles might want life insurance is for a charitable donation. Jeanine, a passionate volunteer dog walker, loved the idea of providing a bequest to her local animal shelter.

Also, she hadn't thought of insurance as a way to create an inheritance for her three nieces and a nephew. "I can adjust the beneficiaries every year depending on who thanks me for their Christmas presents," she laughs.

For others with spouses and children, there are many good reasons to have term life insurance (rather than whole life, which includes a savings component). The early to middle years are expensive with life's highest debt load and kids to raise and educate. The loss of one partner in a family can be

In numbers

\$250,000

The average insurance death benefit in Canada

financially devastating.

And workplace benefits usually end when the job does.

There are two rules of thumb to determine how much insurance is needed. One option is an amount that will pay off all debts, including mortgage. Or you could look at it as income replacement. Plan for at least three to five years based on the highest earner.

Typically term insurance policies run for 10, 20 or 30 years. You can renew but your rates will increase as you age. There are also term-to-100 policies, called permanent life insurance. Often you can convert a term policy to a permanent one before the age of 70.

Canada's new mortgage rules: Friend or foe?



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

While enjoying the sunshine at my local public pool on the weekend, I read up on the Government of Canada's newly tightened mortgage lending rules.

For the average Canadian home buyer, the change in the amortization period — how long it takes to pay off the mortgage — from 30 years to 25 years could translate into \$300 of reduced cash flow each month.

That's equal to a couple's grocery bill or a family's annual school supplies. Over the course of a year that adds up to \$3,600 — a family vacation, RRSP contribution or college tuition. But, consider that \$300 in reduced cash flow an opportunity to build equity, not money for your one-night party in Whistler.

The reason for the change to the lending rules is to cool down Canada's hot real estate market by reducing the borrowing capacity of homebuyers, who in recent months have been warned about the perils of soaring debt levels — a product of lax lending policies.

Though the new rules make it harder to borrow larger sums of money, they promote frugal living, which

translates into less stress and a stronger bottom line. A shorter amortization period will save Canadians boatloads of interest. It also forces buyers to think twice about purchasing a home that is too pricey.

The drawbacks associated with the new rules are that for existing homeowners with 30 to 40-year amortization periods, switching lenders or refinancing will be tough because they'll have to re-qualify under the new rules. Simply renewing with your existing lender shouldn't be an issue.

If you're in the home-buying market, don't get bummed out that you can't borrow as much. Consider it an opportunity to save more of a down payment, look for a less expensive home and nego-



The new rules promote frugal living, which translates to a stronger bottom line. ISTOCK IMAGES

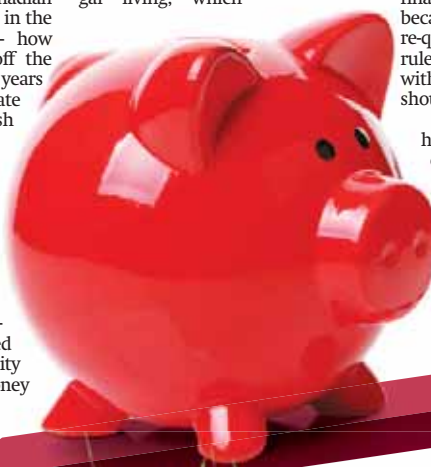
tiate harder on price.

For existing homeowners, these rules should act as additional motivation to build more equity and not accumulate additional debt.

Accelerated weekly or bi-weekly

payments allow borrowers to make one to two extra payments annually and most mortgages allow you to prepay up to 20 per cent of the original

amount. Accelerating payments in any form can significantly reduce total interest paid.





Kristy Wieber, co-founder and president of Rent Frock Repeat, at the company's studio in Toronto.

CHRIS YOUNG/THE CANADIAN PRESS

Formal and frugal: Stylish ways to save

Invitations to weddings, showers and stagettes often jam the summer social calendar, but they can be a drain on the finances of female guests assembling multiple ensembles.

Some fashion-conscious attendees may feel less inclined to give their new frock an immediate repeat wear while among the same circle of friends at summer festivities.

But fear not, fashionistas: formality and frugality don't need to be mutually exclusive.

For those who have combed through their own closets and exhausted borrowed finds from sisters or friends, rental services offer the promise of a fresh, off-the-rack look for less.

Rent Frock Repeat allows customers to browse online for dresses by designer, occasion, colour and body shape that can be transported anywhere in Canada.

Co-founder and president Kristy Wieber said the reasons for renting vary for each customer, with some simply wanting to experiment

with new styles while others are seeking to save.

Rent Frock Repeat has an inventory of about 800 dresses in 150 styles, with sizes ranging from 0 to 16. Plus sizes up to size 24 are set to be available in the fall.

Rental fees are roughly 15 or 20 per cent of the retail cost and run from \$50 to \$250. Wieber said the average four-day rental is \$100 to \$150. Eight-day rentals are also available and women can book their look of choice up to four months in advance.

Wieber said they have had bridesmaids renting dresses, as well as brides needing frocks for the many events tied to their nuptials, such as the shower and rehearsal dinner. Some even take dresses on their honeymoon.

THE CANADIAN PRESS



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4

SPORTS

CHL

"The Memorial Cup was donated in 1919 to honour Canada's war fallen. It is unfortunate and deplorable to see it in such a state. The damages that were caused will be billed to the team."

A statement from Quebec Major Junior Hockey League commissioner Gilles Courteau on Monday. A summer of celebrations by the Shawinigan Cataractes has left the Memorial Cup looking like a train wreck.

Pictures published Monday by l'Echo de Shawinigan show the top of the 93-year-old cup bashed in and the two hockey player figurines on either side of the bowl missing. The newspaper said the wooden base was also cracked. How the damage occurred was unclear. Each player on the championship team was allowed to have the cup for 24 hours to celebrate in his hometown.

The Cataractes won the cup on home ice by defeating the London Knights in the junior hockey final in May. League spokesman Photi Sotiropoulos said the cup will be returned to the Canadian Hockey League, which will have it repaired.

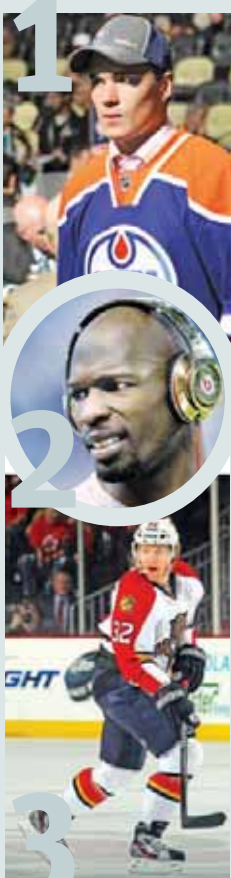
There was no estimate on the cost of repairs. Winning teams that want to have the trophy over the off-season must take out \$50,000 in insurance against damages. **THE CANADIAN PRESS**

Mobile sports



Tied for an American League wild-card spot after a 14-2 July, the Oakland Athletics' surge up the standings is creating a buzz throughout baseball. Can GM Billy Beane's new bunch of no-names and up-and-comers create a real-life Moneyball sequel? Scan the code for the story.

Sports in pictures



1 NHL. Oilers sign Yakupov to 3-year deal

The Edmonton Oilers have signed their top overall draft pick Nail Yakupov to a three-year entry-level deal.

The right-winger was picked first in this year's draft, as Edmonton held the top pick for the third straight year.

THE CANADIAN PRESS

2 NFL. Chad is a Johnson once more

Chad Ochocinco is officially no more. The Miami Dolphins wide receiver has changed his name back to the original Chad Johnson.

THE ASSOCIATED PRESS

3 NHL. Kris Versteeg back with Panthers

The Florida Panthers and right wing Kris Versteeg have agreed to a four-year contract.

The deal was one of the top off-season priorities for the reigning Southeast Division champions and cut the need for a scheduled Monday arbitration hearing. **THE ASSOCIATED PRESS**

NHL. Nash leaving Ohio for big role in Big Apple

Quoted

"This is something that we did because we think it's going to better our hockey club. We got the right value for Rick."

Columbus GM Scott Howson

New York Rangers for three players and a first-round draft pick. The all-star, who first went to Columbus manage-

ment in January and asked to be dealt, heads to Manhattan in exchange for forwards Brandon Dubinsky and Artem Anisimov along with defenceman Tim Erixon and a first-round draft pick in 2013.

Nash, at 28, is the oldest of the players in the deal, and was shipped along with a third-round pick and a minor-league defenceman to the Rangers.

Nash is a former NHL goal-scoring champion, but has never played for a contender. **THE ASSOCIATED PRESS**



Rick Nash GETTY IMAGES FILE

Lions' Mitchell given rare ban from CFL

CFL. Commish Cohon gives towering DT 2-game suspension for hyperextending arm of Eskimos lineman

The CFL has suspended Khalif Mitchell for two games without pay after the B.C. Lions defensive tackle hyperextended the arm of Edmonton offensive lineman Simeon Rottier on Friday night.

The league announced the disciplinary action Monday evening after CFL commissioner Mark Cohon held a hearing via telephone with Mitchell and a representative of the CFL Players' Association. They discussed the incident, which happened during the Eskimos' 27-14 win.

The suspension is significant by CFL standards because it's the longest issued by Cohon. In fact, only three players have served a one-game ban since Cohon succeeded Tom Wright as commissioner in 2007.

"Any play that unnecessarily puts one of our players at risk of serious injury will be met with discipline," Cohon said in a statement.

Late in the first half, Rottier's right arm became lodged between Mitchell's arm and body. The six-foot-five, 316-pound defensive tackle vio-



B.C. defensive tackle Khalif Mitchell was suspended for two games on Monday. DARRYL DYCK/THE CANADIAN PRESS FILE

Quoted

"This type of behaviour has no place in our game and will not be tolerated."

CFL commissioner Mark Cohon.

lently pulled on Rottier's arm, bending it grotesquely in an unnatural fashion that resulted in the joint being hyperextended.

Rottier immediately dropped to his knee, in obvious pain, and required medical attention. The six-foot-six, 295-pound Rottier, a native of Westlock, Alta., and in his first season with Edmonton, left the game and although he returned in the second half, he remained on the sidelines for the rest of the contest.

No penalty was called on the play.

Under terms of the col-

lective bargaining agreement between the CFL and its players, Mitchell can appeal the league's decision.

After Friday's game, Eskimos offensive lineman Greg Wojt took to social media to express his belief that Mitchell tried to hurt Rottier.

"That was bush league by Khalif Mitchell. Intentionally trying to injure a player #NoClass," Wojt tweeted.

THE CANADIAN PRESS

NHL

Bruins sign coach Julien to contract extension

The Boston Bruins have signed coach Claude Julien to a multi-year contract extension.

The deal comes a year after Julien led the team to the 2011 Stanley Cup championship — its first in

39 years.

In five seasons with Boston, Julien has a record of 228-132-50. He is third in franchise history with 410 games coached and fourth in wins, trailing Art Ross, Milt Schmidt and Don Cherry.

Under Julien, the Bruins have never missed the playoffs. They are 36-27 in the post-season since he arrived in 2007.

He was the NHL's coach of the year in 2009. **THE ASSOCIATED PRESS**



Claude Julien GETTY IMAGES FILE

NHL

NHL and players set for more talks

The NHL and the NHL Players' Association are set for another round of negotiations this week with the hope of establishing a new collective bargaining agreement before the current one expires on Sept. 15.

THE ASSOCIATED PRESS

Fun strangely absent for Canada

Projections. Crashes, injuries and setbacks have hampered preparation for London

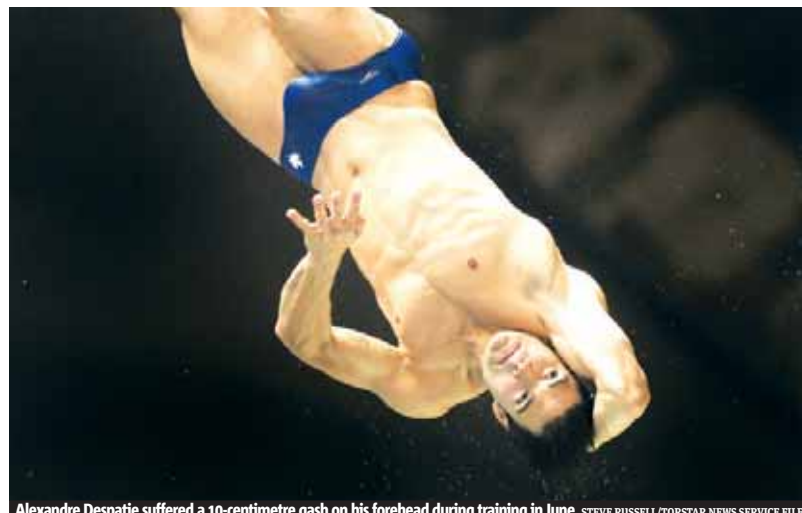
Canada's road to London has been a bumpy one.

Equestrian champion Eric Lamaze's horse died during a competition, Alexandre Despatie smashed his head on the diving board, triathlete Paula Findlay has been hindered by a hip injury, and a star hurdler Perdita Felicien and Priscilla Lopes-Schliep didn't even make the Olympic team.

Three-time world champion boxer Mary Spencer required divine intervention by the International Olympic Committee just to get to the Games.

And then there was cyclist Ryder Hesjedal, who went down in a pile of bodies and bikes during the Tour de France. The silver lining is he'll get some rest before the men's road race and time trial in London.

But Canada's athletes will put the pre-Games bad luck behind them when the Summer Olympics officially kick off with Friday's opening ceremonies in East London.



Alexandre Despatie suffered a 10-centimetre gash on his forehead during training in June. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Quoted

"We've been pretty conservative in our medal projections.... Anything better than what we won in Beijing would be great."

Anne Merklinger, head of Canada's Own the Podium program

Competition starts earlier than that, though. Canada faces Japan in a preliminary-round women's soccer match Wednesday.

Simon Whitfield, winner of triathlon gold in 2000 and silver in 2008, will carry the Maple Leaf into the opening ceremonies and represent the 277 Canadians competing.

Canada's objective of a top-12 finish among the 200-odd countries is a reach.

Patience necessary

Canada was a slow starter in both 2004 and 2008.

- The opening seven days of competition in Athens produced one bronze medal. Canada was shut out the first seven days in Beijing.

Using the 2008 Olympics in Beijing as a gauge, Canada needs 24 medals, which would be the most ever for this country at a non-boycotted Summer Games. The previous high was 22 in 1996.

Canada tied for 14th in Beijing with 18 and won just 12 in Athens in 2004 to finish 19th.

The country isn't as deep in summer-sport talent as it is in winter. Canada can't afford any more misfortune if it is to finish among the top-dozen countries in London.

"Top 12 in 2012 is an ambitious goal, but when you're striving for new levels of excellence, that's always going to be challenging," says Chris Overholt,

chief executive officer of the Canadian Olympic Committee.

Think of the total number of medals to be won as a pie. China, the United States, host Britain, Russia, Germany and Australia will eat almost half of it.

Japan, France, Italy and South Korea will fork out healthy slices for themselves. Canada has to elbow aside Spain, Cuba, Belarus, Brazil, the Netherlands and Ukraine to get a piece.

"The medal race is so, so tight," says Anne Merklinger, head of the Own the Podium program. "We know one medal is going to make the difference between 13th and 20th."

If you put stock in such things, a USA Today online projector forecasts that Canada will win 18 medals again with five gold, six silver and seven bronze.

USA Today says the number is "based on an algorithm that monitors athletes' performances leading up to the Games."

Sports Illustrated projects 17 medals (2-8-7) for Canada.

THE CANADIAN PRESS

"Thank you, mom"
Because it all adds up



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AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	57	38	.600	—
Baltimore	51	45	.531	6½
Tampa Bay	49	47	.510	8½
Toronto	48	47	.505	9
Boston	48	49	.495	10

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	52	44	.542	—
Chicago	51	45	.531	1
Cleveland	48	48	.500	4
Kansas City	40	54	.426	11
Minnesota	40	56	.417	12

WEST DIVISION

	W	L	Pct	GB
Texas	57	38	.600	—
Los Angeles	52	44	.542	5½
Oakland	51	44	.537	6
Seattle	42	55	.433	16

Monday's results

Cleveland 3, Baltimore 1
Texas 9, Boston 1
Chicago White Sox 7, Minnesota 4
Kansas City at L.A. Angels
N.Y. Yankees at Seattle

Sunday's results

Detroit 6, Chicago White Sox 4
Toronto 15, Boston 7
Seattle 2, Tampa Bay 1
Minnesota 7, Kansas City 5
Baltimore 4, Cleveland 3
Oakland 5, N.Y. Yankees 4, 12 innings
L.A. Angels 7, Texas 4

Tuesday's games

Detroit (Fister 4-6) at Cleveland (Jimenez 8-9), 7:05 p.m.

Tampa Bay (Hellickson 4-6) at Baltimore (W.Chen 8-5), 7:05 p.m.

Oakland (Blackley 2-2) at Toronto (Cecil 2-2), 7:07 p.m.

Boston (Buchholz 8-3) at Texas (M.Perez 1-1), 8:05 p.m.

Minnesota (De Vries 2-2) at Chicago White Sox (Quintana 4-1), 8:10 p.m.

Kansas City (W.Smith 1-3) at L.A. Angels (Richards 3-1), 10:05 p.m.

N.Y. Yankees (F.Garcia 4-3) at Seattle (F.Hernandez 8-5), 10:10 p.m.

Wednesday's games

Minnesota at Chicago White Sox, 2:10 p.m.

Kansas City at L.A. Angels, 3:35 p.m.

N.Y. Yankees at Seattle, 3:40 p.m.

Detroit at Cleveland, 7:05 p.m.

Tampa Bay at Baltimore, 7:05 p.m.

Oakland at Toronto, 7:07 p.m.

Boston at Texas, 8:05 p.m.

SUNDAY

BLUE JAYS 15, RED SOX 7

	ab	r	h	bi
Toronto	5	2	2	1
Lawrie 3b	5	2	2	1
YEScor ss	4	2	3	0
Rams cf	6	2	2	2
Enomib 2b	2	2	2	1
Arencid dh	4	1	1	4
Lind p-ph	1	0	1	0
Rodvif rf	4	3	2	2
Snider lf	4	1	2	3
Mathis c	4	0	1	1
Vizquel 2b	5	1	2	0
Totals	39	15	18	15

	ab	r	h	bi
Toronto	540	020	040	15
Boston	300	112	000	7

DP—Boston 3. LOB—Toronto 6, Boston 3. 2B—Encarnacion (19), R.Davis (11), Sweeney (18),

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	56	39	.589	—
Atlanta	52	44	.542	4½
New York	47	49	.490	9½
Miami	45	51	.469	11½
Philadelphia	43	54	.443	14

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	55	40	.579	—
Pittsburgh	54	41	.568	1
St. Louis	50	46	.521	5½
Milwaukee	44	51	.463	11
Chicago	39	56	.411	16
Houston	34	62	.354	21½

WEST DIVISION

	W	L	Pct	GB
San Francisco	53	42	.558	—
Los Angeles	53	44	.546	1
Arizona	47	48	.495	6
San Diego	41	56	.423	13
Colorado	36	58	.383	16½

Monday's results

Chicago Cubs 2, Pittsburgh 0
Philadelphia 7, Milwaukee 6
Miami 2, Atlanta 1
Washington 8, N.Y. Mets 2, 10 innings
L.A. Dodgers 5, St. Louis 3
Cincinnati at Houston
Colorado at Arizona
San Diego at San Francisco

Sunday's games

L.A. Dodgers 8, N.Y. Mets 2, 12 innings
Cincinnati 2, Milwaukee 1
Washington 9, Atlanta 2
Pittsburgh 3, Miami 0
Philadelphia 4, San Francisco 3, 12 innings
St. Louis 7, Chicago Cubs 0
San Diego 3, Colorado 2
Arizona 8, Houston 2

Tuesday's games

Chicago Cubs (Maholm 8-6) at Pittsburgh (Ja.McDonald 10-3), 7:05 p.m.

Milwaukee (Greinke 9-3) at Philadelphia (C.Lee 1-6), 7:05 p.m.

Atlanta (T.Hudson 8-4) at Miami (Buehrle 9-9), 7:10 p.m.

Washington (G.Gonzalez 12-5) at N.Y. Mets (Dickey 13-1), 7:10 p.m.

Cincinnati (Leake 3-6) at Houston (Harrell 7-7), 8:05 p.m.

L.A. Dodgers (Kershaw 7-5) at St. Louis (Wainwright 7-10), 8:15 p.m.

Colorado (D.Pomeranz 1-5) at Arizona (J.Saunders 4-6), 9:40 p.m.

San Diego (Volquez 6-7) at San Francisco (Bumgarner 11-6), 10:15 p.m.

Wednesday's games

Washington at N.Y. Mets, 12:10 p.m.

Chicago Cubs at Pittsburgh, 12:35 p.m.

Atlanta at Miami, 12:40 p.m.

Milwaukee at Philadelphia, 1:05 p.m.

San Diego at San Francisco, 3:45 p.m.

Cincinnati at Houston, 8:05 p.m.

L.A. Dodgers at St. Louis, 8:15 p.m.

Colorado at Arizona, 9:40 p.m.

Aviles (24), HR—Lawrie (9), Arencibia (15), R.Davis (5), Snider (1), Ellsbury (1), Ad.Gonzalez (9). S—Y.Escobar, Mathis. SF—Encarnacion, Snider, Aviles.

IP H R ER BB SO

5-2 3 0 0 0 7 1 2

0 1 0 0 0 0 1

21-3 0 0 0 0 0 2

1 0 0 0 0 0 1

4 9 1 11 5 5 2

3 2 0 0 0 0 2

1-3 5 4 4 0 0 0

2-3 1 0 0 0 0 0

1 1 0 0 0 0 1

Lester pitched to 2 batters in the 5th.

Beck pitched to 1 batter in the 6th.

WP—Lester.

T—3-28. A—37,377 (37,067) at Boston.

TRANSACTIONS

MLB

AMERICAN LEAGUE

BALTIMORE ORIOLES — Assigned OF Raymond Hunnicutt to the Gulf Coast Orioles.
CHICAGO WHITE SOX — Reinstated RHP Gavin Floyd from the 15-day DL.

DETROIT TIGERS — Acquired RHP Anibal Sanchez, 2B Omar Infante and a compensation draft choice between the first and second round of the 2013 MLB first-year player draft from the Miami Marlins for RHP Jacob Turner, LHP Brian Flynn, C Rob Brantly and a compensation draft choice between the second and third round of the 2013 draft.

LOS ANGELES ANGELS — Reinstated RHP Dan Haren from the 15-day DL. Optioned RHP David Carpenter and OF Kole Calhoun to Salt Lake (PCL). Recalled SS Jean Segura from Arkansas (TL).

SEATTLE MARINERS — Traded OF Ichiro Suzuki and cash considerations to the N.Y. Yankees for RHP D.J. Mitchell and RHP Danny Farquhar.

TEXAS RANGERS — Placed RHP Colby Lewis on the 15-day DL, retroactive to July 19. Recalled LHP Martin Perez from Round Rock (PCL).

NATIONAL LEAGUE

LOS ANGELES DODGERS — Reinstated RHP Chad Billingsley from the 15-day DL. Optioned RHP Josh Wall to Albuquerque (PCL).

PITTSBURGH PIRATES — Assigned SS Maxwell Moroff and RHP Hayden Hurst to the Gulf Coast Pirates.

WASHINGTON NATIONALS — Placed SS Ian Desmond on the 15-day DL, retroactive to July 22. Recalled OF Corey Brown from Syracuse (IL).

BASKETBALL

NBA

BROOKLYN NETS — Signed G C.J. Watson.

CHICAGO BULLS — Signed G Kirk Hinrich.

FOOTBALL

NFL

ATLANTA FALCONS — Signed LB Mike Peterson.

CAROLINA PANTHERS — Traded OT Jeff Otah to the N.Y. Jets for an undisclosed conditional draft choice.

DETROIT LIONS — Terminated the contract of CB Aaron Berry. Signed OT Riley Reiff.

HOUSTON TEXANS — Signed WR DeVier Posey.

NEW ENGLAND PATRIOTS — Signed DL Kyle Love.

NEW YORK JETS — Acquired T Jeff Otah from the Carolina Panthers for an undisclosed conditional draft choice. Placed S LaRon Landry, LB Demario Davis, WR Jordan White and G Terrence Campbell on the physically unable to perform list.

OAKLAND RAIDERS — Traded WR Louis Murphy to Carolina for an undisclosed conditional draft choice.

PITTSBURGH STEELERS — Signed OT Bridger Buche to a one-year contract.

SAN FRANCISCO 49ERS — Signed CB Darcel McBath to a one-year contract.

HOCKEY

NHL

BOSTON BRUINS — Signed coach Claude Julien to a multi-year contract extension.

CAROLINA HURRICANES — Signed LW Drayson Bowman to a two-year, two-way contract.

CHICAGO BLACKHAWKS — Extended their affiliation agreement with Toledo (ECHL) through the 2013-14 season.

COLUMBUS BLUE JACKETS — Traded F Rick Nash, D Steven Delisle and a 2013 conditional third-round draft pick to the N.Y. Rangers for C Brandon Dubinsky, C Artem Anisimov, D Tim Erixon and a 2013 first-round draft pick.

EDMONTON OILERS — Signed RW Nail Yakupov to a three-year, entry-level contract.

FLORIDA PANTHERS — Agreed to terms with RW Kris Versteeg on a four-year contract.

MONTREAL CANADIENS — Signed F Alex Galchenyuk to a three-year, entry-level contract.

NASHVILLE PREDATORS — Signed F Jack MacLellan to a one-year, two-way contract.

OTTAWA SENATORS — Re-signed F Kaspars Daugavins to a one-year contract.

WASHINGTON CAPITALS — Named Tim Hunter assistant coach.

WINNIPEG JETS — Agreed to terms with F Maxime Maceneauer. Extended their affiliation agreement with St. John's (AHL) through the 2014-15 season.

SOCER

MLS

EASTERN CONFERENCE

New York 21 11 5 5 37 29 38

Kansas City 21 11 6 4 26 19 37

Houston 20 9 5 7 31 25 34

D.C. 20 10 7 3 34 27 33

Chicago 20 9 7 4 22 22 31

Columbus 18 7 7 4 18 19 25

Montreal 23 7 13 3 30 42 24

New England 20 6 9 5 25 25 23

Philadelphia 18 6 10 2 20 21 20

Toronto 20 5 11 4 24 36 19

WESTERN CONFERENCE

San Jose 22 13 5 4 44 27 43

Real Salt Lake 22 12 7 3 33 26 39

Vancouver 22 9 6 7 25 26 34

Seattle 20 8 5 7 25 21 31

Los Angeles 22 9 10 3 38 35 30

Chivas USA 19 6 8 5 13 21 23

Colorado 21 7 13 1 27 30 22

Dallas 22 5 10 7 25 30 22

Portland 20 5 11 4 19 35 19

Sunday's result

Vancouver 2, San Jose 1

Wednesday's game

At Chester, Pa.

Chelsea vs. MLS All-Stars, 8:30 p.m.

Friday's game

Vancouver at Real Salt Lake, 9 p.m.

Saturday's games

Houston at Toronto, 4:30 p.m.

New York at Montreal, 7:30 p.m.

Los Angeles at Dallas, 8 p.m.

Columbus at Kansas City, 8:30 p.m.

Seattle at Colorado, 9 p.m.

Chicago at San Jose, 10:30 p.m.

Chivas USA at Portland, 11 p.m.

Sunday's game

New England at Philadelphia, 7 p.m.

GOLF

WORLD RANKING

Through July 22

1. Luke Donald Eng 9.81

2. Tiger Woods USA 8.45

3. Rory McIlroy Nlr 8.41

4. Lee Westwood Eng 7.89

5. Webb Simpson USA 6.47

6. Adam Scott Aus 6.27

7. Bubba Watson USA 6.23

8. Jason Dufner USA 5.87

9. Matt Kuchar USA 5.75

10. Justin Rose Eng 5.47

11. Graeme McDowell Nlr 5.38

12. Zach Johnson USA 5.31

13. Hunter Mahan USA 5.26

14. Steve Stricker USA 4.90

15. Ernie Els SAF 4.81

16. Dustin Johnson USA 4.71

17. Phil Mickelson USA 4.52

18. Martin Kaymer Ger 4.50

19. Louis Oosthuizen SAF 4.43

20. Rickie Fowler USA 4.39

21. Jason Day Aus 4.31

22. Charl Schwartzel SAF 4.28

23. Francesco Molinari Ita 4.17

24. Brandt Snedeker USA 4.14

25. Sergio Garcia Esp 3.97

26. Bill Haas USA 3.80

27. Keegan Bradley USA 3.77

28. Ian Poulter Eng 3.75

29. Bo Van Pelt USA 3.70

30. Peter Hanson Swe 3.68

31. Paul Lawrie Sco 3.53

32. Nick Watney Sco 3.53

33. Nicolas Colsearts Bel 3.42

34. Jim Furyk USA 3.33

35. John Senden Aus 3.25

36. K.J. Choi Kor 3.24

37. David Toms USA 3.21

38. Martin Laird Sco 3.07

39. Carl Pettersson Swe 3.04

40. Thomas Bjorn Den 3.02

41. Fredrik Jacobson Swe 2.82

42. Bae Sang-moon Kor 2.72

43. Gonzalo Fernandez-Castano Esp 2.74

44. Rafael Cabrera Bello Esp 2.69

45. Mark Wilson USA 2.60

46. Alvaro Quiros Esp 2.68

47. Simon Dyson Eng 2.67

48. Geoff Ogilvy Aus 2.63

49. Jonathan Byrd USA 2.61

50. Kevin Na USA 2.59

51. Aaron Baddeley Aus 2.55

52. Branden Grace SAF 2.53

53. Anders Hansen Den 2.46

54. Ben Crane USA

Horoscopes

Aries

March 21 - April 20

Your thoughts will be "out there" today. Whether they bear any relation to reality remains to be seen but no one can accuse you of lacking vision — or playing down your capabilities. You build your own future.

Taurus

April 21 - May 21

You will get the chance to improve your reputation for tolerance. Allow yourself to be open to suggestions, but make sure they are suggestions from people you know you can trust. Don't take tolerance too far.

Gemini

May 22 - June 21

You will have plenty to say for yourself over the next 24 hours and not all of it will be music to other people's ears. But someone needs to spell out the truth this coming week. That someone is you.

Cancer

June 22 - July 23

You will have some money-making ideas over the next few days. Not that money is everything but it is a means to an end and it's your right, even your duty, to make sure you've got enough of it.

Leo

July 24 - Aug. 23

The planets indicate the more chances you take now, the more likely it is you will make a major breakthrough over the next few weeks. In your personal life and your career, don't let anyone limit you.

Virgo

Aug. 24 - Sept. 23

You could get worked up for no good reason today. Where is that cool Virgo who never shows any sign of emotion? No matter what happens over the next 24 hours, it isn't worth getting upset about.

Libra

Sept. 24 - Oct. 23

Everyone seems to want your advice right now and you're quite happy to give it. Your social life will also be good over the next few days — but don't let it get out of hand.

Scorpio

Oct. 24 - Nov. 22

You know what you should be doing with your life and you know that you need to make a start soon. Why not make it today? Don't plan too far ahead. In fact, plan only for the next 24 hours.

Sagittarius

Nov. 23 - Dec. 21

You seem to have the gift of the gab at the moment. You sound so convincing that others believe anything you say. That means you have a responsibility to make sure that what you say is the truth.

Capricorn

Dec. 22 - Jan. 20

Come out of your shell and take a few risks. With Mercury linked to Jupiter, planet of luck and good fortune, you won't put a foot wrong over the next 24 hours, so what are you waiting for? Be extraordinary.

Aquarius

Jan. 21 - Feb. 19

You know that a relationship problem needs to be dealt with sooner rather than later, so get on and do what has to be done. Someone has to make the first move and that someone will have to be you.

Pisces

Feb. 20 - March 20

Can you make a difference in the world? Of course you can. But you won't make any difference at all until you get out of your chair and do something. Once you start moving you won't be able to stop. **SALLY BROMPTON**

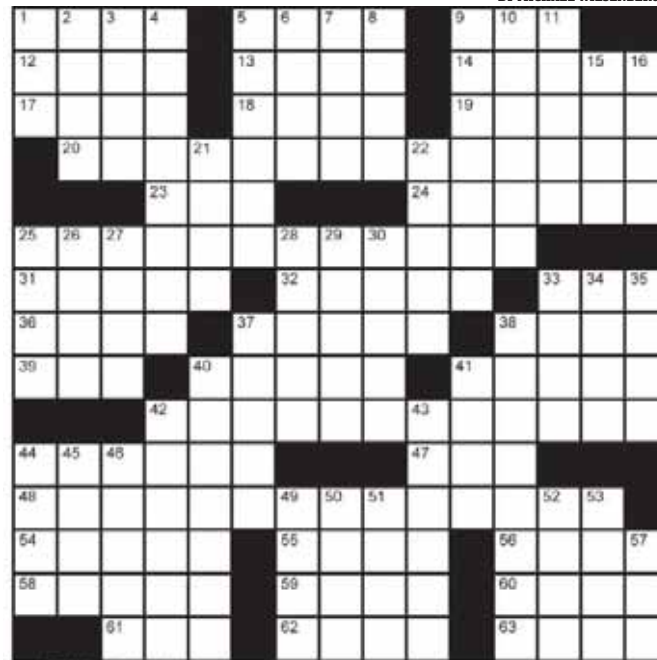
Crossword: Quotable Notable

Across

1. Small British sports cars
5. Sax type
9. Bell and Kettle, e.g.
12. 1979 Iranian exile
13. Québec-born chanteuse Celine
14. Assume the role of
17. Org. to which Hungary, Poland, Czech Republic, and others, belong
18. Boxing Day event
19. Snow: Fr.
20. With 25-, 33-, 42-, 61, and 62-Across, 48-Across quote
23. Part of t.i.d., in prescriptions
24. They're gripping
25. See 20-Across
31. Diacritical mark resembling an inverted caret, most often seen in Czech
32. Male swine
33. See 20-Across
36. Pain
37. Fishing site
38. The Kingston ____
39. Bout ref's call
40. Breakfast spots
41. South American ring-tailed carnivore
42. See 20-Across
44. Fortuneteller's cards
47. Leading dye brand
48. The quintessential Canadian humorist
54. Old Turkish VIP
55. "Skip ____ Lou": kids' song
56. Canadiens or Jets
58. Beer glass
59. I know: Lat.
60. Aware of
61. See 20-Across

Down

1. Alternative to AOL or Yahoo!
2. Indian mountain range or pass
3. Big financial setback, figuratively
4. Something to keep loafers in shape
5. Accumulate on a surface, as a dissolved substance
6. Prevaricator
7. Tattled
8. About half of all binary code
9. Some envelopes
10. Passed (a test) with ease
11. Crooked site in a nursery rhyme
15. Antiquing agent for furniture
16. Areas on movie lots
21. Welsh emblem
22. Copycats
25. Not this
26. Break into the system
27. Acoustical engineer's concern
28. Electronic attempt to subvert our reading habits
29. *Willy ____ and the Chocolate Factory*
30. "... would thou ____ ne'er been born": Othello
33. Gets ____ deal: is treated unfairly
34. 1920s leading lady ____ Naldi (anagram of TINA)
35. Deliver the coup de



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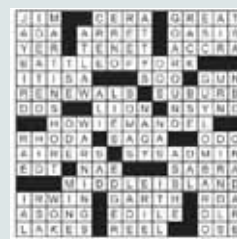
BY MICHAEL WIESENBERG

grâce to
37. Band of bandit baggers
38. Direct, as a confrontation
40. "Famous" company that sponsors an annual hotdog eating contest where it all started, Coney Island
41. Currently fashionable
42. *Two Women* Oscar

winner Loren
43. One may come in a box of 64
44. Cooking amts.
45. Rat follower
46. Darn again
49. US agcy. that investigates crashes
50. Crazy
51. Mideast ruler
52. 1/100 of a loonie

53. Actress Hudson or Winslet
57. ____ Eisley, *Star Wars* cantina town

Friday's crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

1	5	9	7	2	8	6	4	3
7	8	6	4	9	3	1	2	5
3	2	4	1	6	5	7	9	8
6	3	7	2	8	1	9	5	4
4	1	2	9	5	8	3	7	6
5	9	8	3	7	4	2	6	1
8	4	1	6	3	2	5	7	9
9	6	3	5	4	7	8	1	2
2	7	5	8	1	9	4	3	6

Weather

TODAY

WEDNESDAY

THURSDAY



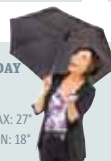
MAX: 21°
MIN: 10°



MAX: 24°
MIN: 16°



MAX: 27°
MIN: 18°



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Lancer SE
AWC
model shown†



Available on Lancer SE AWC[‡]



Insurance Institute
for Highway Safety:
Excludes Lancer Evolution
and Lancer Ralliart

2012 LANCER DE

THE PERFORMANCE SEDAN

\$13,998^Δ

CASH PURCHASE PRICE
(INCLUDES CASH PURCHASE INCENTIVE)

\$2,000 OR

CASH PURCHASE
INCENTIVE*

0%

PURCHASE
FINANCING FOR*

60

MONTHS

www.eMitsu.com



RVR GT
model shown†



Insurance Institute
for Highway Safety

2012 RVR ES

THE FUEL-EFFICIENT CROSSOVER

\$16,998^Δ

CASH PURCHASE PRICE
(INCLUDES CASH PURCHASE INCENTIVE)

\$3,000 OR

CASH PURCHASE
INCENTIVE*

0%

PURCHASE
FINANCING FOR*

72

MONTHS

www.facebook.com/mymitsu

2012 OUTLANDER ES

THE BOLD AND SPIRITED SUV

\$21,998^Δ

CASH PURCHASE PRICE
(INCLUDES CASH PURCHASE INCENTIVE)

\$4,000 OR

CASH PURCHASE
INCENTIVE*

0%

PURCHASE
FINANCING FOR*

72

MONTHS



Outlander XLS
model shown†



Available on Outlander XLS[‡]

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**INCLUDES ALL CASH PURCHASE REBATES, GRAD REBATE, MILITARY REBATE TO DEALER. DOES NOT INCLUDE ALL
APPLICABLE TAXES, ADMIN FEE \$395, CDN WINTER PKG \$1100.00

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